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| Work/Activity: Lifesaving Club Training (Thursdays) |
| Thursday Training Session.19.15-20.45 Clubs & Socs Room21.00-22.00 Jubilee Sports Centre PoolOur Training session will occur every Thursday for the year 2016/17 |
| Group: Lifesaving | Assessor(s): Charles Thomas | Contact: crt2g15@soton.ac.uk |
| Guidance/standards/Reference documents  | Competence requirements |
| * Risk assessment for lifesaving 2013/14
 | **Role:** [who has what H&S responsibilities for each task e.g. event stewards] | **Skills, experience or qualifications** [what training/experience has this person had to undertake their H&S responsibilities] |
| Fire Marshal – Charles Thomas will ensure that the Clubs and Socs room door remains unlocked while members are present within the room. The Fire Marshal will hold the clubs and socs room key to lock the door in the case of fire evacuation and marshal members to the nearest exit. The door will remain unblocked and usable.Lifeguard –Zoe Connelly: Will undertake rescues to reduce the risk of drowning; Provide first aid as necessary and deal with any illness or injury due to existing medical conditions.Lifeguards - Charles Thomas, Richard Evans, Robert Anderson, Kate Walker; Will undertake rescues if the above is not present.Lifeguards provided by Jubilee Sports Centre Pool - Evacuate pool, provide first aid, perform aquatic rescues, as per the PSOP for the centre.Instructor for the evening (any committee member): Will ensure the general safety of the club’s members and ensure there are no trip hazards, the general wellbeing of club members and ensure all tows, dives etc are performed safely.(Committee members: Charles Thomas, Robert Anderson, Andy Oakey, Zoe Connelly, Giovanna Sidaoui Haddad, Kate Walker, Toby Walker) | IQL Qualified Lifeguard, Lifeguard for 18 months. IQL Qualified LifeguardsIQL qualified lifeguards / Qualified First Aiders. |
| Risk assessments linked |
| Fire evacuation and all other building evacuation will be covered under SUSU’s generic evacuation procedures alongside Jubilee’s Pool Safety Operating Procedure and will be executed by pool lifeguards on duty/ whomever is elected within the PSOP. |

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| Task | Hazards | Who might be harmed and how | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Residual risk/9 | check SA/DM |
|  Both Poolside + Dryside Training | Illness or injury due to pre-existing medical conditions.  |  Club member with pre-existing medical condition |  Committee members of the club who are present to be aware of any pre-existing medical conditions. First aiders to be present (any of those named above) |  2 |  Jubilee sports centre to be made aware of any serious conditions. |   Zoe Connelly |  2 |   |
|  Both Poolside + Dryside Training |  Illness or injury not due to pre-existing medical conditions. |  Any pool user |  First aiders to be present at training. SUSU/Jubilee sports centre to provide qualified first aiders. |  2 |   |   Zoe Connelly / Other Lifeguard |   |   |
|  Poolside Training |  Risk of Drowning |  Any pool user. |  Jubilee sports centre to provide IQL qualified Pool lifeguards at the pool. One of the aforementioned lifeguards to be present for all training sessions. |  3 |   |   Zoe Connelly / Other Lifeguard |   |   |
|  Both Poolside + Dryside Training |  Risk of fatigue related illness or injury due to physical exertion  |  Any pool user. |  Coach for the evening to monitor all members during training and report any issues to senior committee members (Captain/Vice Captain) and lifeguards on duty. |  1 |  Users will be asked to bring water bottles onto poolside to reduce fatigue and the implicated risks. |   Zoe Connelly | 1 |   |
|  SERC Training | Slips, Trips and falls. Laceration to feet |  Any club member |  Equipment will be kept to a minimum to reduce tripping. Any additional equipment not being used to be stored in the cages on poolside / in the corner of the room. Footwear must be worn everywhere except poolside and no running is permitted.  |  2 |  Members will be asked not to run on poolside, and coach for the evening will monitor the poolside edges for excess water/equipment. |   Zoe Connelly | 2 |   |
| Wetside Training |  Alcohol or drugs | Any Member |  Members will be sent home if they appear to be under the influence of alcohol/similar substances. |  3 |   | Instructor for the evening |   |   |
| Wetside Training | Damaged Equipment | Any Member | Committee currently check equipment on a very regular basis to ensure it is still safe for use of members. | 1 | A more formal method of checking equipment should be provided. Creation of a two weekly equipment check to be completed, where two people check each item of equipment | Zoe Connelly | 1 |  |
| Wetside Training | Contamination | Any Member | No outdoor footwear to be worn on poolside to reduce risk of mud/other coming into the pool sides and pool itself. | 1 |  | Charles Thomas |  |  |
| Wetside Training | Diving Blocks | Any Member | Members are not able to use diving blocks before an instructor has seen them diving from the poolside. | 3 |  | Zoe Connelly / Andy Oakey |  |  |
| Wetside Training | Injury from jewellery | Any Member | Members are not allowed to wear items such as earrings, rings, necklaces, spectacles to our poolside training. If members are wearing jewellery, they are asked to remove it. | 1 |  | Charles Thomas |  |  |
| Wetside Training | Depth of water | Any Member | Surface Diving down to the bottom of the pool is completed at member’s own risk; Any member who experiences pain to the ears or head must abandon the dive and inform the night’s Lifeguards/First Aiders. | 2 |  | Zoe Connelly / Lifeguard who is present |  |  |
| Wetside Training | Overcrowding | Any Member | We currently have full pool for this session so will not overcrowd. | 2 |  | Instructor for the evening |  |  |
| Wetside Training | Sprains, Strains | Any Member | Use of warm ups and cool downs. Qualified coach present; check if injuries are recurring.  | 2 |  | Instructor for the evening |  |  |
| Wetside Training | Collisions | Any Member | Ensure pool is not overcrowded and that the members are divided into appropriate speeds (i.e. slowest in one lane, fastest in the other. Ensure flags are in pool when swimming backstroke. | 2 |  | Instructor for the evening |  |  |
| Wetside Training | Hypothermia | Any Member | Coach to check the temperature of the poolside & Ensure it is not too cold. Members should always be moving and not staying still. | 1 |  | Instructor for the evening |  |  |
| Scenario Training | First Aid Hygiene | Any Member | First aid equipment is checked on a weekly basis for hygiene & Damage. When they are considered unhygienic, they are disposed of. | 1 |  | Zoe Connelly /Charles Thomas |  |  |
| Training | Use of Manikins | Any Member | Risk of respiratory disease; All manikins are wiped with disinfecting wipes between uses and the lungs are changed on a two-monthly basis. Any faces with cracks in are removed RE: RLSS guidelines | 3 |  | Instructor for the evening |  |  |
| Training | Incorrect first aid techniques | Any Member | All techniques are taught by qualified coaches / experienced lifeguards to ensure correct method is used. Within all scenarios, there is always a committee member who sits on the side and watches, and can step in if anything incorrect is performed. (e.g. CPR on a live person) | 3 |  | Zoe Connelly / Charles Thomas / Other instructor |  |  |
| Poolside Training | Incorrect towing technique | Any Member | All techniques are explained fully and taught by qualified coaches/ experienced lifeguards. NO towing of the hair or arms is permitted and will be stopped if it is seen. | 2 |  | Instructor for the evening |  |  |
| Storage | Storage is very overcrowded | Committee members | Risk of items falling out of cupboard (cage 1) as it is very full. There are quite high piles which have heavy items. | 4 | Change current stacking situation and move lighter things to the top rather than heavier items. Enter the area with at least three people to make sure items do not fall.Talk to Athletic Union Committee to see if we can arrange an alternative space. | Committee Members | 2 |  |

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| Reviewed By: | Comments: |
| Responsible person (SA/DM): | Date: |  |
| SUSU H&S manager (where applicable): | Date: |  |

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| Likelihood |
| Impact | 3 | 6 | 9 |
| 2 | 4 | 6 |
| 1 | 2 | 3 |

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| Likelihood |
| Level | **Description** |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | May occur only in exceptional circumstances |

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| Impact |
| Level | **Description** |
| High (3)  | Major Injury or Death; Loss of limb or life-threatening conditions. In hospital for more than 3 days, and/or subject to extensive prolonged course of medical treatment and support.  |
| Medium (2) | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months. |
| Low (1) | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |